Health

[ ] Appointment Escort

[ ] Medication Reminders

[ ] Monitor diet/Eating Habits

[ ] Check Food Freshness

[ ] Pick up prescriptions

[ ] Safety Supervision

[ ] Brain Fitness Activities

[ ] Meal Preparation

[ ] Assist with light exercise

[ ] Help getting in/out of bed

Hygiene

[ ] Incontinence care

[ ] Assist with bathing

[ ] Assist with grooming

[ ] Transportation to hair stylist

[ ] Toileting

[ ] Assist with oral care

Companionship

[ ] Watch movies

[ ] Play games together

[ ] Read together

[ ] Assist with hobbies

[ ] Review the activities of the day

[ ] Listen to music together

[ ] Look at family photos

Home

[ ] Light housekeeping

[ ] Wash dishes

[ ] Assist with moving around the house

[ ] Dust

[ ] Laundry

[ ] Take out trash

[ ] Change linens

[ ] Answer the door

[ ] Answer the phone

[ ] Grocery shopping

[ ] Help reading mail

[ ] Vacuum and mop floors

[ ] Mail bills and letters

[ ] Identify trip hazards

Personal

[ ] Assist with dressing

[ ] Running errands

[ ] Schedule appointments

[ ] Clip coupons

[ ] Transportation

[ ] Family respite care

[ ] Write letters or emails

[ ] Birthday and Anniversary reminders

[ ] Shop for gifts

[ ] Maintain calendar